Are you suffering from...

PROCRASTINATION?

You are **not the only student** who suffers from procrastination.
Procrastination is something very **natural**. Our brains find it much more interesting to pay attention to activities that are rewarded in the **short term** (e.g. binge-watching your favorite series) than activities that are only rewarded in the **long term** (e.g. already starting to study during the semester for an exam that you don't have to take until months later).
Often, activities that reward you in the long term are more **beneficial** than those that give short-term rewards. By studying in advance, you won't run out of time and be prepared for the exam period.

Procrastination can be due to your MOTIVATION:

$$\text{MOTIVATION} = \frac{(\text{EXPECTATION X VALUE})}{(\text{IMPULSIVITY X DELAY})}$$

- **Expectation**= the expectation to succeed and get a reward.
- **Value**= how much you enjoy doing the task and how attractive a reward seems afterwards.
- **Impulsivity**= how easily you are distracted by other things.
- **Delay**= the time between starting the task and getting a reward.

Goal? The expectation and value ⬆ and the impulsivity and delay ⬇ .
On the back of this infographic you'll find tips on how to do this.

Fact: are you procrastinating because of fear of the exam/result/...? This can happen!
Fear of failure can cause you to avoid your duties rather than to get started. Yet it is important to cross that threshold: the longer you procrastinate, the higher your stress and anxiety level will be.

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I START TODAY

✅ **Minimize distraction**

Check whether the distractors are **internal** or **external**:

- *External:* social media, your laptop or mobile phone within reach increases the likelihood of procrastination. So make sure these are not nearby while studying.
- *Internal*: worrying, doubting yourself, ... make sure to check out the infographics about overthinking and fear of failure.

✅ **Take small steps**

Don't expect yourself to do mountains of work right away. Give yourself time and space to work towards your goals **step by step**. You can do this through:

- Set SMART goals (see infographic SMART goals)
- Time monitoring and taking breaks (infographic pomodoro technique)
- Making a specific and flexible planning (see infographic planning)
- Set the bar low: make the task smaller than you think you can handle.

This increases your chances of achieving these goals and your expectation of success can grow along with them.

✅ **Reward yourself in the short-term**

Long-term goals (e.g.: getting a degree) have a long-term desirable and enjoyable effect but in the short term this is sometimes not clear (e.g.: taking notes during class). This is related to the value you attach to your goal. How can you make a value increase?

- Break down long-term goals into shorter ones and reward yourself when you make progress.
- Increase the experience of working by yourself through trying out a different study environment or setting up specific study music.

✅ **Make a to-do list**

Be specific and concrete, divide big tasks into smaller steps to ensure clarity. Figure out what works for you!
Also make a Done list of the tasks that are already finished to motivate yourself.

✅ **What went well today?**

At the end of the day, think about what you did that day that you are satisfied with. What could you have postponed but tackled anyway? How did you do it? Who/what helped you? How can you apply this in the future?